

Do Not Judge



马太 Matthew 7:1-5

马太 Matthew 7:1-5

1 「你们不要论断人，免得你们被
论断。
2 因为你们怎样论断人，也必怎样
被论断；你们用什么量器量给
人，也必用什么量器量给你们。

1 Do not judge, or you too will be judged.
2 For in the same way you judge others, you
will be judged, and with the measure you use,
it will be measured to you.

马太 Matthew 7:1-5

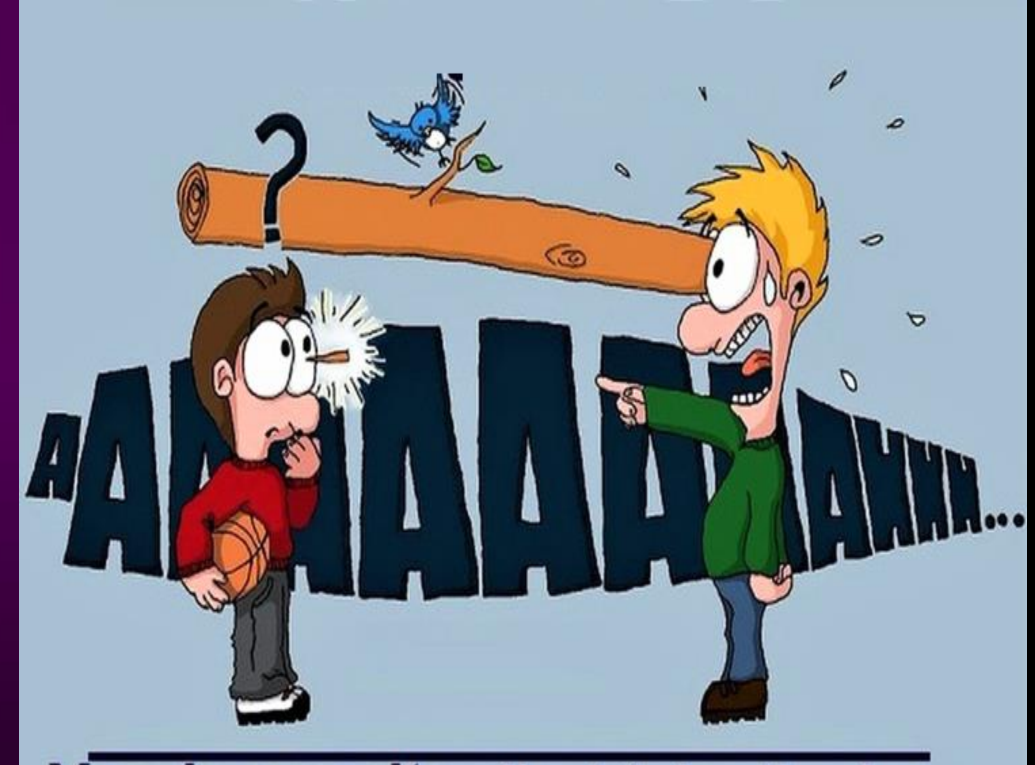
3 为什么看见你弟兄眼中有刺，
却不想自己眼中有梁木呢？
4 你自己眼中有梁木，怎能对你
弟兄说：『容我去掉你眼中的
刺』呢？

3 Why do you look at the speck of sawdust in your
brother's eye and pay no attention to the plank in
your own eye? 4 How can you say to your brother,
'Let me take the speck out of your eye,' when all
the time there is a plank in your own eye?

THE WORD OF GOD

马太 Matthew 7:1-5

5 你这假冒为善的人！先去掉自己眼中的梁木，然后才能看得清楚，去掉你弟兄眼中的刺。



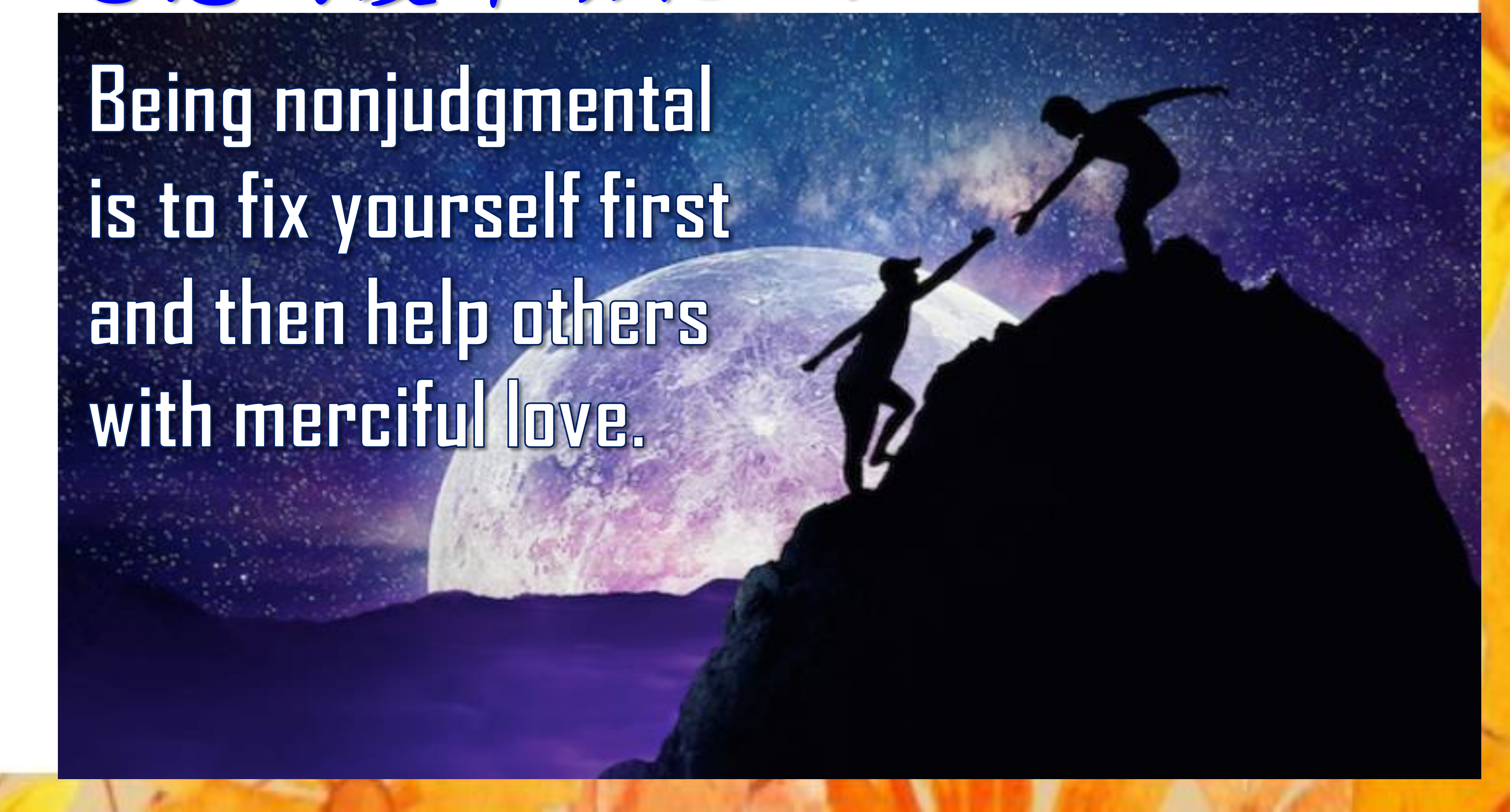
一个革命性的真相 A Revolutionary Truth

- 不论断不是“你管你的，我管我的，彼此不说对方”

Being nonjudgmental is not a way: “You live your life. I live mine. We don’t say anything about each other.”

一个革命性的真相 A Revolutionary Truth

- 不论断是先修正自己然后以怜恤恩慈的爱帮助他人.



一个革命性的真相 A Revolutionary Truth

- 改变人际关系会让我们更喜乐
  Change our relationships to be more joyful.




一个革命性的真相 A Revolutionary Truth
▪ 培养更具吸引力的人格魅力，吸引和影响周围的人 Develop a more magnetic personality that draws and impacts people around.

会论断的人 A Person Who Judges

马太 Matthew 7:3-4

3 为什么看见你弟兄眼中有刺，却不
想自己眼中有梁木呢？
4 你自己眼中有梁木，怎能对你弟兄
说：『容我去掉你眼中的刺』呢？

Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye?

会论断的人 A Person Who Judges

- 看到别人的问题，但看不见自己的问题 See others' issues but not his/her own.
- 不修正自己的问题，却要修正别人的问题 Don't fix his/her own issues but others'.



不论断的人 A Person Who Does Not Judge

马太 Matthew 7:5

你这假冒为善的人！先去掉自己眼中的梁木，然后才能看得清楚，去掉你弟兄眼中的刺。

You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye

- 拒绝假冒为善 Reject hypocrisy
- 选择诚信 Choose integrity
- 施恩怜悯 Show mercy

对假冒为善，说不 No to Hypocrisy



对假冒为善，说不 No to Hypocrisy

- 假冒为善就是忽略自己眼中的梁木
  Hypocrisy is ignoring the board in your own eye.
- 假冒为善只重表面
  Hypocrisy is more concerned about appearance

马太 Matthew 23:25

你们这假冒为善的文士和法利赛人有祸了！因为你们洗净杯盘的外面，里面却盛满了勒索和放荡.



对假冒为善，说不 No to Hypocrisy



- 假冒为善就是戴假面具
  Hypocrisy is all about hiding behind a mask



- 拒绝假冒为善就是脱去假面具，不再伪装
  To reject hypocrisy is to take our mask down and not pretend anymore

对假冒为善，说不 No to Hypocrisy

罗马书 Romans 12:9

爱人不可虚假.

恶，要厌恶；善，要亲近.



对诚信，说是 Yes to Integrity

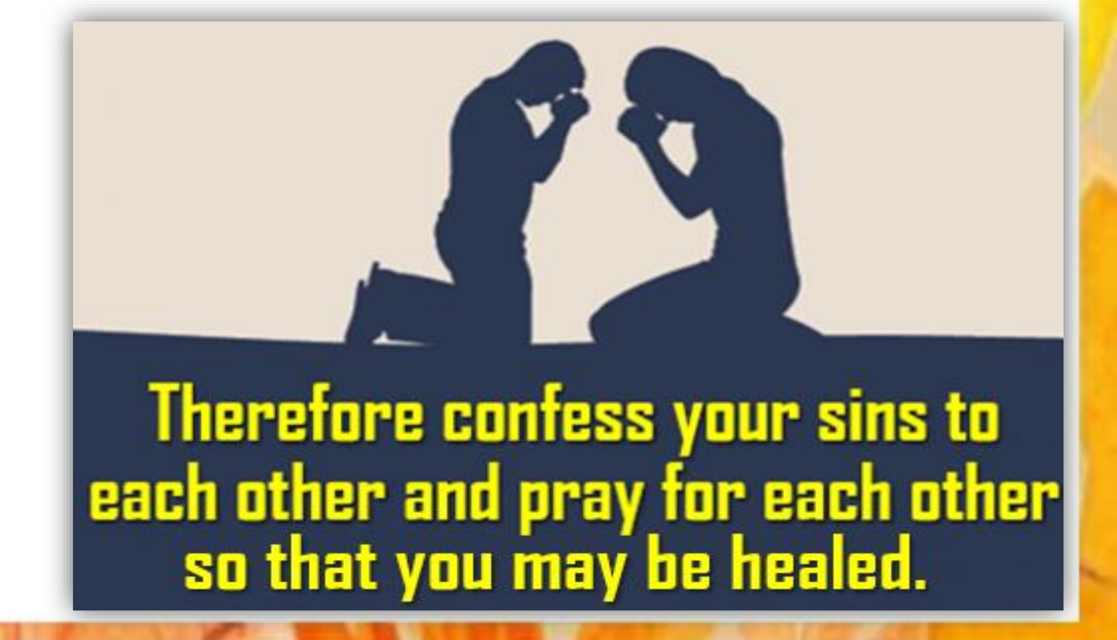
- 诚信就是除掉自己眼中的梁木
  Integrity is to get the board out of your own eye.
- 诚信就是让别人的缺点成为自己个性改变和属灵成长的动力
  Integrity is to allow the shortcomings of others to become a motivation for your personality change and spiritual growth.
- 诚信就是在试验来临前已下定决心要做对的事 Integrity is to make up your mind in advance to do the right thing before a test comes.

对诚信，说是 Yes to Integrity

- 操练诚信 Practices to choose integrity
  - 说出自己的真相
    Speak the truth about yourself
  - 诚实面对错误 Be honest about faults

雅各 James 5:16a

所以你们要彼此认罪，互相代求，使你们可以得医治。



对诚信，说是 Yes to Integrity

- 操练诚信 Practices to choose integrity
  - 寻求神的帮助 Ask for God's help

诗篇 Psalm 101:2-3

2 我要用智慧行完全的道。你几时
到我这里来呢？我要存完全的心
行在我家中。
3 邪僻的事，我都不摆在我眼前；
悖逆人所做的事，我甚恨恶，不
容沾在我身上。

对施恩怜悯，说现在 Now to Mercy

- 挪去你眼中的梁木，然后你才能看清楚，以至于可以帮助他人
  Getting the board out of your eye, and then you can see clearly enough to help your friend.
- 没有论断
  只有怜悯
  Show mercy without judgment.



对施恩怜恤，说现在 Now to Mercy

歌罗西 Colossians 3:12-13

12 所以，你们既是　神的选民，圣洁蒙爱的人，就要存怜悯、恩慈、谦虚、温柔、忍耐的心。

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with

compassion, kindness, humility, gentleness & patience.

-Colossians 3:12

对施恩怜恤，说现在 Now to Mercy

歌罗西 Colossians 3:12-13

13 倘若这人与
那人有嫌隙
总要彼此包
容，彼此饶
恕；主怎样
饶恕了你们
你们也要怎
样饶恕人。

bearing with one another,
and forgiving each other,
whoever has a complaint
against anyone; just as
the Lord forgave you,
so also should you

Colossians 3:13

对施恩怜悯，说现在 Now to Mercy

- 没有论断只有怜悯
  Show mercy without judgment.
  - 恩慈 Be kind
  - 谦卑 Be humble
  - 温柔 Be gentle
  - 忍耐 Be patient
  - 彼此包容 Get along with people
  - 彼此饶恕 Forgive

"The quality of mercy is not strained. It drops as the gentle rain from heaven upon the place beneath. It is twice blessed. It blesses him that gives and him that takes."

- William Shakespeare

"仁慈不是出于勉强，它像细雨从天降到地上，它有双倍的祝福，它祝福给予仁慈的人，和得到仁慈的人."

—莎士比亚

马太 Matthew 5:7

怜恤人的人有福了！因为他们必蒙怜恤.

